Smokeless- The Other Tobacco Threat

Mark Long

“Smokeless is *not* harmless”

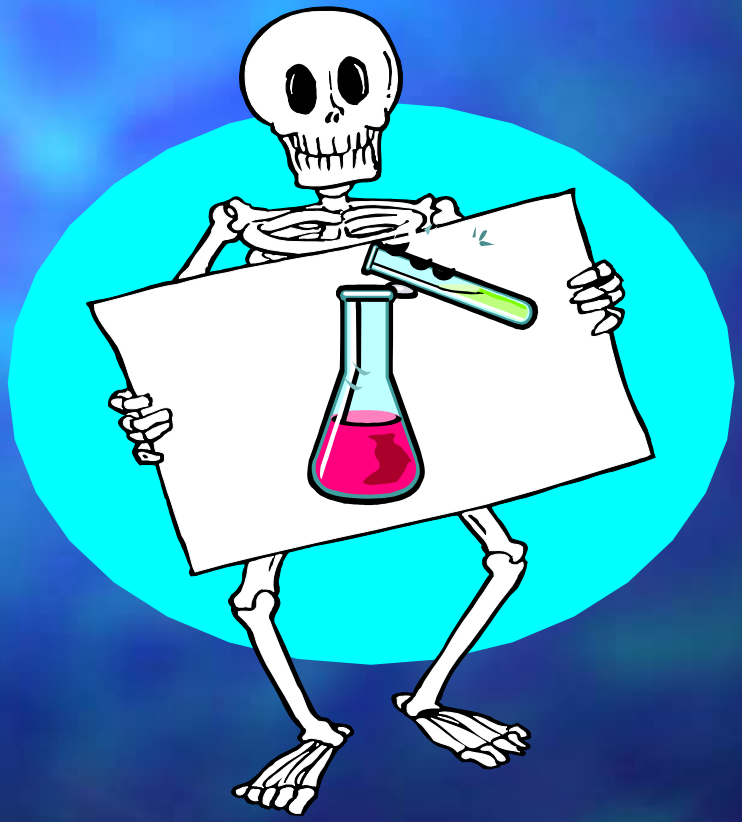
Joe Garagiola

Former Today Show Host, Sports Announcer & Baseball Player

Poisons in Chewing Tobacco

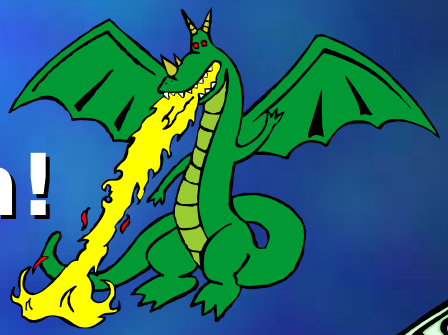
- Rocket Fuel
- Lighter Fluid
- Paint Stripper
- Arsenic

Are these reasons for filling your body full of poisons?



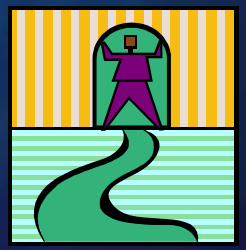
Negative Social Effects

- Bad, Bad Breath!



- A Very Expensive Addiction!

- May be treated as outcast and Leper!



What are Women's Biggest Turn Off?

Men Chewing, Dipping and Spitting!

Smokeless Dental Risks

- Tooth Decay
- Cavities
- Loss of teeth
- Receeding Gums
- Oral Lesions & Carcinoma
- Stained Teeth

More Negative Effects of Smokeless Use

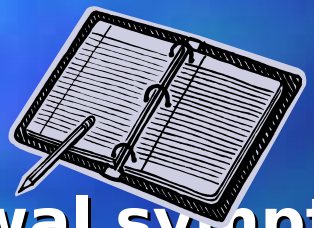
- Learn tasks more slowly
- More jerky & irregular movements
- Poorer and decreased eye hand coordination
- Negative impact upon athletic performance!

Join the Marines & Sailors who have beat their dipping addiction!

Show Everyone You Can Do It!

What To Do?

- Commit to quitting
- Develop a plan



- Deal with withdrawal symptoms
- Ask girlfriend/wife for positive support in quitting!

- Cope with bumps in the road

Smokeless Tobacco causes a Slow and Painful Death!

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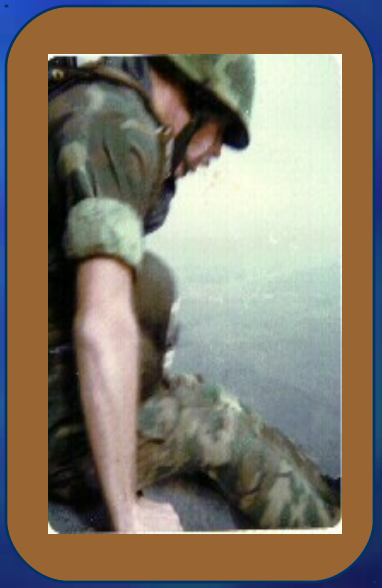
Are you ready to Rumble?
To defeat the Smokeless Threat?

You Can Beat Smokeless Tobacco!!!



Resources

- **Spit Tobacco: A Guide for Quitting**
  http://www.nider.nihigov/health/newsandhealth/spitTobacco/Introduction/Introduction.htm
- **9 Step Program to Quit Smokeless Tobacco**
  http://www.gmuiedu/student/quitsmoking/Smokelessninestep.html
- **Quit Smokeless**
  http://www.quitsmokeless.org/
- **Smokeless Tobacco: Tips on How To Stop**
  http://familydoctor.org/1FF.xml